Working long hours is a health risk that kills hundreds of thousands of people every year. According to a publication recently released by the World Health Organisation (WHO) people who work 55 hours and more every week have a 35% higher risk of suffering a stroke and a 17% higher risk of a heart attack compared to normal labourers who work 35 to 40 hours a week.

500 million people all over the world, 9% of the global working population, were exposed to long working hours in 2016. 745,000 people died, a 30% increase since 2000. In the last two decades, stress-related heart diseases rose by 43% and strokes increased by 19%.

Middle-aged men were the group hardest hit by overworking. While workers in Southeast Asia and the Western Pacific region were most at risk, workers in Europe suffered the least.

The WHO report states that health dangers were caused not only by psychological stress but also by bad living habits like smoking, a bad diet, lack of sleep and alcohol abuse.

The study focuses on the period before the COVID-19 pandemic engulfed the world. The lockdowns during 2020 and 2021 increased work at home by 10%. As a result, there were no clear boundaries between work and private life. Workers suffered from a higher stress level because they were not sure if they could keep their job.

In its publication WHO officials recommend measures to improve the health of workers, including labour standards on working time.

Words
- according to = as reported by ...
- alcohol abuse = drinking too much alcohol
- boundary = here: line between two things or events
- cause = the reason for something
- decade = a period of 10 years
- diet = the food that you eat regularly
- engulf = here: hit, sweep across
- exposed to = to be in a certain situation
- focus on = concentrate on
- global = worldwide
- habit = regular things you do every day
- improve = make better
- increase = to go up
- labourer = worker
- lack = not enough
- measure = action that a government should take
- official = person who is in a high position in an organisation
- pandemic = disease that affects many people in the world
- publication = when information or a report is printed
- recommend = suggest
- release = to make public for everyone to see
- rise - rose - risen = to go up
- standard = here: level that should be achieved
- stroke = when a blood vessel in your brain is blocked or breaks
- state = to say something officially
- suffer = experience; if something bad happens to someone
Match the sentence beginnings with the endings. There are TWO endings you will not need.

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<td>1</td>
<td>Over half a billion people</td>
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<td>have increased over the past two decades.</td>
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<td>2</td>
<td>People who work longer hours are</td>
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<td>middle-aged men</td>
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<td>Stress-related strokes and heart diseases</td>
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<td>The group most at risk were</td>
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<td>Workers in Europe do not</td>
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<td>Many diseases are also caused</td>
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<td>The pandemic probably caused</td>
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<td>Boundaries between work and private life fade</td>
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<td>During the pandemic many workers</td>
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The WHO report states that health dangers were caused not only by (10) ____________ stress but also by bad living habits like smoking, a bad diet, lack of sleep and alcohol (11) ____________.

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In its (14) ____________, WHO officials recommend measures to (15) ____________ the health of workers, including labour (16) ____________ on working time.
Across

1. disease that affects many people around the world
2. line between two objects
4. thing that you do regularly; all the time
5. a period of ten years
8. another word for "worker"
9. to make better
11. not enough of
13. person in a high position in an organisation

Down

1. reported that is printed for everyone to see
3. the food that you normally eat
4. when your heart suddenly stops working (2 words)
6. the reason for something
7. when a blood vessel in your brain is blocked or breaks
10. worldwide
12. World Health Organisation (short word)
Essay: Work – Life Balance

Write an argumentative essay about the work-life balance. Include the following aspects:

- Comment on the introductory line above.
- How important is it to spend enough leisure time?
- In which ways is "being available at all times" important for a job. Give a few examples.
- Does working from home lead to more stress in your family?
Working long hours is a health **risk** that kills hundreds of thousands of people every year. **(2)** According to a publication recently released by the World Health Organisation (WHO) people who work 55 hours and more every week have a 35% higher risk of **(3)** suffering a stroke and a 17% higher risk of a heart attack **(4)** compared to normal labourers who work 35 to 40 hours a week.

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The WHO report states that health dangers were caused not only by **(10)** psychological stress but also by bad living habits like smoking, a bad diet, lack of sleep and alcohol **(11)** abuse.

The study focuses on the period before the COVID-19 **(12)** pandemic engulfed the world. The lockdowns during 2020 and 2021 increased work at home by 10%. As a result, there were no clear **(13)** boundaries between work and private life. Workers suffered from a higher stress level because they were not sure if they could keep their job.

In its **(14)** publication WHO officials recommend measures to **(15)** improve the health of workers, including labour **(16)** standards on working time.
Working Long Hours Kills Hundreds of Thousands Every Year